FASTING IN SHRAVAN:

SPIRITUAL SIGNIFICANCE AND HEALTH BENEFITS

A Divine Blend of Devotion and Wellness

Rudra Centre®
Living Enlightenment

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Introduction to Shravan Month

- In the Hindu lunar calendar, the month of Shravan, which falls in July or August, is regarded as one of the most sacred times.
- Because of significant cosmic alignments and mythological occurrences, it has profound spiritual significance.
- This month is closely linked to Lord Shiva, who saved creation by consuming the lethal poison (halahala) during the Samudra Manthan.
- Devotees participate in holy pilgrimages like the Kanwar Yatra, offer water to the Shivling, recite mantras, and observe customs like the Shravan Somvar fasts.
- It is believed that the month of Shravan is

What Is Fasting in Shravan?

Type of Fast	Key Features	Who Observes & Why
Somvar Vrat (Mondays)	One-meal or fruit-only until dusk	Shiva devotees seeking marital harmony or wishes fulfilled
Full-Day (Nirjala)	Water, milk, or nothing at all	Ascetics, seasoned devotees, penance
Partial (Phalahar/Vrat-Friendly)	Fruits, nuts, sabudana, rock-salt dishes	Working professionals balancing duty & devotion
Alternate-Day / Ekadashi	Grain-free on tithi days	Health-conscious, weight-management seekers

Spiritual Significance

- Mythic origins: Goddess Parvati's austerities lead to her reunion with Lord Shiva, and her followers imitate her tapasya.
- Fasting calms the mind and improves focus for dhyana (meditation) and japa (repeating mantras).
- Self-control is thought to burn bad karma and bring about divine blessings (punya).
- By strengthening satsang (positive company), collective fasting strengthens ties within the community and promotes mutual uplift.

Health Benefits

- Digestive reset: Lower caloric load lets the gut rest, revives enzyme efficiency, and reduces bloating & acidity.
- Autophagy trigger: 14-18 h food-free window encourages cellular “housecleaning,” aiding longevity.
- Metabolic switch: Body taps fat stores, improving insulin sensitivity and lipid profiles.
- Mental clarity: Stable ketone supply can boost focus, mood, and creativity—modern “fasted state productivity.”
- Reduced systemic inflammation: Observed declines in C-reactive protein and oxidative markers in controlled studies.

Popular Shravan-Friendly Foods

- Fruits & Dry Fruits: Banana, apple, pomegranate, dates, almonds—quick energy, potassium-rich.
- Sabudana (Tapioca): Easy-to-digest carbs; pairs with peanuts for protein.
- Samak Rice (Barnyard Millet): Grain substitute; gluten-free, light on digestion.
- Dairy Delights: Makhana-kheer, yogurt smoothies—calcium + probiotics.
- Spices & Seasonings: Rock salt (sendha namak), cumin, black pepper—keeps electrolytes balanced.

Do’s and Don’ts

Do	Don’t
Break the fast gently with warm water or lime-honey (alkaline start).	Overeat fried vrat snacks; defeats detox goal.
Stay hydrated—2–2.5 L of water, coconut water, or herbal infusions.	Mix table salt or processed sugar; both considered tamasic.
Meditate, read sacred texts (Shiva Purana), and engage in seva (service).	Engage in strenuous workouts on strict fast days—opt for gentle yoga/asana.

Balancing Devotion & Wellness

- Set sankalpa (intention) each morning —“May this fast purify my mind and body.”
- Keep meal prep simple; more time freed for prayer and reflection.
- Practice pranayama to sustain energy: 3–5 min of Anulom-Vilom or Bhramari.
- Journal insights; notice emotional patterns that surface in hunger gaps.
- Use bhajans or mantra playlists to replace habitual snacking moments with spiritual focus.

Closing & Takeaway

- Shravan fasting is not punishment but alignment—honoring Lord Shiva while harnessing science-endorsed metabolic resets.
- Approach each fast with mindfulness, gratitude, and medical prudence.
- “Om Namah Shivaya”—may your Shravan be filled with radiance, resilience, and renewed purpose.

About Us

Rudra Centre was established in Mumbai in 1997 and has more than 25 years of experience in the international distribution of spiritual and Rudraksha products. Our offerings are based on our in-depth understanding and precise application of Vedic traditions, which are bolstered by contemporary research.

Through our temple in Trimbakeshwar, a Brahmin-led establishment in Nagpur, we offer devoted Puja services. We also assist with rituals at other important Indian temples. Under the direction of 21 learned priests from Kashi, our 2,100-square-foot in-house Puja Room hosts a variety of Pujas and Yagnas that are carried out with sincerity, devotion, and spiritual accuracy.

Shravan Month Poojas we’re Performing at Rudra Centre

- Performing Shravan Somvar Vrat Katha
- Conducting Shravan Maas Mahapuja
- Observing Nag Panchami Puja
- Offering Parthiv Shivling Puja
- Performing Rudra Abhishek
- Conducting Laghu Rudra Puja
- Narrating Shiv Puran Katha
- Performing Shiv Shakti Puja
- Rudra Abhishek at Trimbakeshwar Temple
- Maha Mrityunjaya Puja at Trimbakeshwar Temple
- Laghu Rudra Puja at Trimbakeshwar Temple

Contact Us

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THANK YOU

FOR YOUR ATTENTION

May your spiritual journey be peaceful, meaningful, and well-prepared. We are here to assist you every step of the way.

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